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# Rogers scores arena naming rights

**The Oilers' new home.** Rogers Place the 'hidden gem' of \$700M deal that gives communications giant another slice of the NHL hockey pie

**STEPHANIE DUBOIS**  
stephanie.dubois@metronews.ca

Rogers Place will be the new name for the home of the Edmonton Oilers after Rogers Communications announced Tuesday they purchased exclusive naming rights for the downtown arena project.

The naming rights deal is part of a four-year, more-than-\$700-million commitment from Rogers, which will also include expansion of their Rogers LTE network.

"The naming of the arena is a very key step because it allows the child to have a name, and to have that name belong to one of Canada's largest communications

companies causes it to be out there in the public," said Edmonton Oilers president Patrick LaForge.

The announcement comes after a 12-year, \$5.2-billion national media rights agreement made between Rogers and the National Hockey League last week. The national telecommunications company also has naming rights to Toronto's Rogers Centre and Vancouver's Rogers Arena.

"This is the crown jewel in the plan: Rogers Place," said John Boynton, vice president and chief marketing officer with Rogers.

The Edmonton Rogers naming exclusive will mean a different experience for fans, explained Boynton, who said the local arena will lead the

NHL in ultimate fan experiences via the latest technology when it opens.

"This is a huge milestone. Having a name anchors it in the community, helps us all orient ourselves to it and it's wonderful to have the recognition and participation of a major national brand in Rogers," said Mayor Don Iveson.

Discussions of the naming rights started back in summer of 2012, according to LaForge.

Renderings for the entertainment district of the arena have also been released but arena officials aren't commenting on the details of the area at this time.

The arena project is set to open in 2016, with ground breaking expected this spring.



Mayor Don Iveson, left; John Boynton, vice-president and chief marketing officer for Rogers; and Edmonton Oilers president Patrick LaForge are seen Tuesday at the announcement of naming rights for the new downtown Edmonton arena, which will be named Rogers Place. STEPHANIE DUBOIS/METRO

## Roger that

"This is a huge milestone. Having a name anchors it in the community, helps us all orient ourselves to it and it's wonderful to have the recognition and participation of a major national brand in Rogers." Mayor Don Iveson

## Marketing win

### Branding of arenas a cash cow: Expert

An advertising industry expert says naming rights deals like the one announced for the Oilers' new arena make good marketing sense because of how the branding blends in.

Chris Heine, a writer with

Adweek magazine, said the deals are valuable because the advertising doesn't interfere with the content.

"When it comes to TV advertising, or even print advertising, those are more or less interruptions placed within the consumer's experience," he said. "When you have your brand on a stadium or within a stadium, it is just part of your experience."

Financial details of the deal to name the arena Rogers Place weren't disclosed and Heine couldn't guess at the cost, but he said the deals are valuable because the brand gets lots of mentions.

"These naming rights purchases (are) significant because you can't write about the game without mentioning Gillette Stadium or whoever the brand is," he said. RYAN TUMILTY/METRO

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Bill 46

## Redford says some public servants OK with wage freeze

Premier Alison Redford says she's getting a sense from public servants that they understand why she is imposing a wage restraint deal on Alberta's largest union.

Redford says they understand her government needs a contract in line with the pay freezes taken by doctors and teachers.

Members of the Alberta Union of Provincial Employees have held numerous demonstrations at the legislature since Redford's government introduced Bill 46 last week.

The bill would remove the right of the union to go to binding arbitration and would impose a four-year deal of wage freezes followed by one per cent pay hikes unless the union comes back to the table to negotiate.

THE CANADIAN PRESS

Political advertising

## Wildrose calls 'Building Alberta' signs costly, vain

Premier Alison Redford is defending a leaked email showing her government ignored its own tendering rules to fast-track thousands of dollars worth of signs advertising the fact that Redford is "Building Alberta."

Transportation Minister Ric McIver said they didn't want to wait on red tape. The opposition calls the signs wasteful vanity at taxpayers' expense.

THE CANADIAN PRESS



The massive Rutherford fire in south Edmonton was among a growing number of calls the service is being dispatched to. METRO FILE

# Fire service struggling to meet own standards

**Response time.** Chief blames slippage on a growing city, seeks \$4.7M budget boost



RYAN TUMILTY  
ryan.tumilty@metronews.ca

Edmonton Fire Rescue Services is struggling to meet its own response-time targets as both the city and calls for service grow.

The fire department was in front of city councillors Tuesday as part of budget

discussions, looking for an increase of \$4.7 million, in part to help fund new staff for the Lewis Farms fire station.

The service's target is to arrive with a full crew within eight minutes 90 per cent of the time.

In 2010, they were hitting that target 88 per cent of the time, slipping to 86 per cent of the time in 2011 and 80 per cent in 2012. In the first six months of this year, the target was down further still to 77 per cent of the time.

Fire chief Ken Block said that, of the many standards the department tracks, that one is the most telling.

"That is the best indicator that I as fire chief have to get a handle on what our capacity is and how we are doing," he said.

Block said the city is simply growing faster than the fire service can keep up with. He said that because crews get pulled into different areas as calls come up, no one zone is bearing the burden.

"You can't really look at response times as a district or neighbourhood issue; it is city-wide," he said.

Mayor Don Iveson said he has hopes the Lewis Farms station will be a big step in the right direction for the

On call

The city saw 37,000 calls for service in 2012, with the majority of those calls medical responses.

- The service is exceeding its target to dispatch calls within a minute and a half 90 per cent of the time, coming in at 95.9 per cent.

issue.

"We will see an improvement in response times once that station comes online."

1 NEWS

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## Krampusnacht? Group wants to add European flare to Christmas tradition

Whyte Avenue will soon see some above-average scary characters as a group of volunteers parade around dressed as a Christmas devil Thursday.

A group of Edmontonians will be dressed up as part of Krampusnacht, an ancient German Christmas tradition in which Krampus — the Christmas Devil — punishes children for being bad.

"He can be as tame as putting coal in bad kids stockings to kidnapping the children," said Rebecca Reid, one of the participants.

The tradition dates back to when German and Austrian village men used to dress up in hand-carved wooden masks, parade local streets and "scare children into being good," said Reid. The Krampusnacht Edmonton plan to do a similar parade on Dec. 5 (the traditional date), equipped with masks and costumes is only one of two



An ancient European tradition called Krampusnacht.

COURTESY OF KRAMPUSNACHT EDMONTON

groups who mark this Christmas tradition in Canada. This is the second year the group will participate, with hopes of making this European tradition a staple in Edmonton.

"We're hoping to raise a little more awareness so people know who he is lumbering down the street," said Reid.

The group will start at 8 p.m. Thursday at Wunderbar at 8120 - 101 Street.

STEPHANIE DUBOIS/METRO



Edmonton's roadway maintenance director said the city's neighbourhood snow plowing includes clearing approximately 6,100 kilometres. METRO FILE

# ... Call Mr. Plow?

### South of Edmonton

## Two men arrested over fight with Mountie

Alberta RCMP have arrested two people following an investigation into a fight where a Mountie fatally shot a man and wounded another on Aug. 3.

Police say Lawrence Cutarm, 63, is charged with assaulting a peace officer with a weapon and other charges.

Laron Cutarm, 28, is charged with assaulting a peace officer and police are still looking for Lee Cutarm, 42, who is wanted on the same charge.

THE CANADIAN PRESS

### Drumheller

## Institution locked down after escape attempt

A federal prison in southern Alberta is in lockdown after an inmate was caught trying to escape.

The Correctional Service of Canada says the man suffered minor cuts Sunday when he was caught by guards as he tried to break out of the medium security Drumheller Institution.

An official said the inmate was being treated in an outside hospital for his injuries. Details of the escape attempt, which is under review, were not released. THE CANADIAN PRESS

## 'Huge undertaking.' Snow plows completed neighbourhood clearing yesterday, two-and-a-half days behind the city's goal

LEAH GERMAIN  
edmonton@metronews.ca

When Edmonton resident Trevor Kiers went to back out of his driveway Monday morning, he was left in a frustrating position — a windrow of snow from the previous night's plowing efforts had left his car

high-centred and stuck.

Roadway Maintenance director Bob Dunford said situations like Kiers' are what makes snow removal in Edmonton a huge undertaking for the city.

"It's not an easy task by any means," said Dunford, who added the city has 6,100 kilometres of residential roads to clear during a neighbourhood plowing.

With a goal to plow all neighbourhoods within five days, the city took an extra two-and-a-half days to complete its latest effort.

"This year, we finished up at noon on (Dec. 3), which is halfway into day eight and not a desirable thing, but circum-

### Snow removal budget

The city of Edmonton budgeted approximately \$51 million for snow removal in 2013.

stances dictated that," Dunford noted, adding that the city has to approach plowing slightly different than other municipalities due to the way roads are constructed. "The problem we have in Edmonton opposed to many other cities is most of our city — and particularly the residential (areas) — are built with curb-lined sidewalks."

As a result of the curbs, snow is stored on streets, which often leaves a windrow

in front of residents' driveways, like the one Kiers experienced.

The city tries to keep the height of those windrows 30 centimetres or less, Dunford noted.

"As long as the windrow is no more than 30 centimetres, it is the homeowners' responsibility."

With a roster of 50 operators, the city rotates workers on eight-hour shifts day and night. For heavy snowfall, operators will be switched to a 12-hour shift with an overlap between the day and night crew of four hours.

"It's a huge undertaking," Dunford noted. "I don't think people realize we work 24 hours a day."

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# Police relaunch domestic violence campaign



EPS Staff Sgt. Sean Armstrong relaunches the Speak Out campaign, an initiative designed to decrease domestic violence. LEAH GERMAIN/FOR METRO

**Speak Out.** EPS says citizens play a key role in decreasing violence

**LEAH GERMAIN**  
edmonton@metronews.ca

Edmonton police have renewed a campaign to raise awareness for domestic violence following new figures

that show a 16 per cent increase in serious domestic violence cases in the city from 2012 to 2013.

As part of the Speak Out campaign, an initiative designed to raise awareness for domestic violence, Staff Sgt. Sean Armstrong of EPS Domestic Offenders Crime Section said citizens play a key role in decreasing the rate of domestic violence in the city.

"The campaign resonated with (the) community and received a lot of positive feedback," said Armstrong about Speak Out, which was first launched in November 2012. "It accomplished what we wanted it to — to get people talking about domestic violence in our community and empower people to get involved."

According to EPS, the num-

ber of incidents reported to the police declined by two per cent between January and October 2013 since 2012, while more serious cases were up.

"Those type of serious events include aggravated assaults, sexual assaults as well as assaults with a fire arm," said Armstrong.

As a result of the increase, EPS is hoping to include two additional detectives for 2014.

## U of A. International student frustrated with potential tuition hike

Shubham Gaur has one piece of advice for prospective international students considering the University of Alberta for their degree: go somewhere else.

"The main reason I came to the U of A was because of the tuition," said the second-year engineering student, who along with other international students is frustrated the school's administration is considering a five per cent tuition hike for students from abroad.

Gaur said he has been advising friends that, if the school does go through with a tuition

hike, to not bother applying.

"The most upsetting part of it is for the domestic students, there is a cap, so it cannot increase more than one per cent," Gaur added. "But for international students, they have nothing so they can increase it to whatever they want."

Gaur is working with his fellow international students to mobilize others to voice their concerns with the administration's proposed increase.

"I have to consider if I can continue with my degree or not," he said.

LEAH GERMAIN/FOR METRO



University of Alberta international student Shubham Gaur said he would not encourage students from abroad to apply to the institution if administration OKs a tuition increase. LEAH GERMAIN/FOR METRO

### Student employment

#### City looks to step in on Green Shack

City councillors are considering whether to spend \$275,000 to keep the Green Shack program in place, looking to make up for money the province no longer provides.

The provincial government cancelled a student summer employment program in its March budget. Community leagues had used that money to help pay for student workers at the Green Shack program, which puts students in city

parks to engage in activities with children.

City councillors discussed the issue Tuesday and will consider a motion to fund the missing money, but they aren't happy to be making up the province's shortfall.

"If they don't want to fund the program they should be the ones answering to voters," said Coun. Andrew Knack.

Allan Bolstad, executive director of the Edmonton Federation of Community Leagues, said he is likewise disappointed in the province, but mostly just hopes the program stays.

RYAN TUMILTY/METRO

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# Get home safe: This holiday, you have options if you've had a few

**Be responsible.** Enjoy yourself this season, and remember to make use of the city's designated-driver programs

**LEAH GERMAIN**  
edmonton@metronews.ca

Winter is almost here, and with it comes the season of holiday festivities.

Whether commuters are walking, taking transit or hailing a cab, the Christmas season can be a difficult time to get around Edmonton — especially in the wee hours of the morning.

While Edmonton does not have donation-based designated drivers, like Operation Rednose in Fort Saskatchewan, Gillian Phillips from MADD's Edmonton chapter said citizens are not short of options to get home safe this winter.

"Throughout the year, there is never a need to be driving when impaired, and although it is a year-long problem, with an increase at the holiday parties and a lot more drinking going on ... (December) is a more dangerous time," Phillips explained.

MADD reports that on average, four Canadians are killed and 175 are injured every day in Canada due to impaired driving.

"There are numerous designated driving services in Edmonton that (serve) the city and the surround-



When public transit or a cab is not an option, Edmontonians have a number of choices for designated driving companies. LEAH GERMAIN/FOR METRO

ing areas," Phillips said, noting designated driving companies have been popping up around the city over the last few years, offering residents a safe ride home with their own vehicle.

"That is a really good option for people to be aware of," Phillips added.

Brandy Steinhauer is

## Sobering statistics

Approximately 65,000 Canadians are impacted by impaired drivers annually, according to MADD.

one of the owners of the Edmonton-based company

Dedicated Designated Drivers.

The local designated-driving operator has been operating in the city since last May.

Within the last year, Steinhauer said the business has grown dramatically.

"It was quite busy for

us," she said. "Last year, December was our busiest month."

In order to meet the new demand for this year's holiday season, Steinhauer said the company is planning on doubling their fleet to 20, and adding another 10 cars for New Year's Eve alone.

## More information

### No excuse to drink and drive

If you've had a few too many libations this holiday season and you find yourself needing a ride, there are a number of Edmonton organizations that can help you get home safely.

#### • Dedicated Designated Drivers:

780-819-8175  
dedicateddesignateddrivers.com

#### • Reliable Ride Designated Driving Service:

780-633-1610

#### • Alberta Designated Drivers:

780-616-7140  
abdesignateddrivers.com

#### • iDrive:

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# A ticket loser, but still a \$50M lotto winner

**Just imagine.** Regular lotto player Kathryn Jones is 'still in shock' after being told she won Lotto Max a year after losing winning ticket

A Hamilton, Ont., woman who lost her winning

\$50-million lottery ticket last year is on the verge of getting her prize after an extensive investigation.

The Ontario Lottery and Gaming Corporation says Kathryn Jones bought a ticket in Cambridge, Ont., last year which turned out to have the winning numbers from the Nov. 30, 2012, Lotto Max draw.

OLG received some 435

## Unique case

**"I'm very grateful."**

Lotto Max winner Kathryn Jones, on the Ontario Lottery and Gaming Corporation investigation that secured her a \$50-million jackpot.

inquiries since that draw and in the process of reviewing them, it deter-

mined Jones had the winning ticket.

When Jones wasn't able to find her ticket, OLG carried out a "Lost Ticket Prize Claim" process to ensure she was the rightful winner.

It included using their database to verify her purchase, and checking surveillance video and credit card statements.

THE CANADIAN PRESS



OLG CEO Rod Phillips, centre, and Mike Hamel, head of investigations, announce Kathryn Jones as winner of \$50 million. OLG/THE CANADIAN PRESS

## Plugged up. Handy wipes still being flushed, much to sewer lobby's chagrin

The pleas of Canadian wastewater officials to federal and provincial politicians for a crackdown on so-called flushable wipes are falling on deaf ears.

It's a municipal problem, so the refrain goes, and so the Canadian Water and Wastewater Association is joining forces with its American counterpart, the Water Environment Federation, to take aim at the popular towelettes.

The wipes — billed as a cleaner alternative to toilet paper that's perfectly OK to

## Hold on — don't flush!

Municipalities and officials have two objectives — a federal flushability standard and a widespread public-education campaign.

flush down the toilet — are giving many municipalities fits as they grapple with clogs.

Canadian municipalities say the wipes are costing ratepayers as much as \$250 million a year.

THE CANADIAN PRESS



A mass of wipes that are supposed to be "flushable" held aloft by Barry Orr. They were clogging sewage pumps in London. DAVE CHIDLEY/THE CANADIAN PRESS



## Trek to the South Pole for Walking With The Wounded

Team U.S. trudges through the snow on Day 1 of the Virgin Money South Pole Allied Challenge 2013 expedition. They are on a 321-kilometre charity trek to the South Pole alongside wounded servicemen and women. Team U.S. is one of three teams competing in the trek to raise money for the military charity called Walking With The Wounded. They are expected to reach the pole in mid-December having endured temperatures as low as minus 45C and 50 m.p.h. winds. VICTORIA NICHOLSON/WWTW/THE ASSOCIATED PRESS

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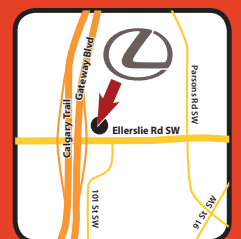


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# Canadian teens' test scores in math, science going down

A new international study ranks Canadian students among the top of the class in key subject areas, but there has been a noticeable decline over the years in math and science scores among the country's pupils.

Canada was among 65 countries and economies participating in the assessment by the Organisation for Economic Co-operation and Development, which takes place every three years. Findings of the OECD's Programme for International Student Assessment from 2012 were released Tuesday.

The average estimated score in math was 494. Canada had 518. Shanghai, China topped the list in math with an average of 613. Canada was also outperformed by Singapore, Hong Kong, Chinese Taipei, Korea, Macau, Japan, Liechtenstein and Switzerland.

Canada had an average score of 523 in reading and 525 in science — well above the OECD averages of 496 and 501, respectively.

Shanghai topped the list in both reading and science with 570 and 580, respectively. Canada was outperformed in both subjects by Hong Kong, Singapore, Japan and Korea.

Along gender lines, boys continued to outperform girls in math across most participating countries — including Canada — while girls placed ahead of boys in Canada and internationally in reading. The performance was similar among boys and girls in science.

Looking at Canada's scores in the context of being in the top 10 or 15th percentile is "good news," said Alberta Education Minister Jeff Johnson, chair of the Council of Ministers of Education, Canada (CMEC). But he acknowledged Canada has been "slowly trending down," as have a number of other nations who have been high performers, including New Zealand, Sweden and Finland.

Johnson said it's also important to keep in mind that among countries and economic regions tested, high-

## Measuring up

Canada was among the high-level achievers, however:

- Performance in math has declined, with a 14-point dip in the past nine years.
- Decline in science performance since 2006 was "statistically significant."

achieving students in Shanghai, Hong Kong and Macau came from one country — China.

"If you look at countries on the whole, more strictly speaking, our numbers would even be higher. Still, very respectable numbers. But the one that we're paying extra attention to is the math because it's such a fundamental skill for the 21st century and because that's the area that the results have been trending downward on."

THE CANADIAN PRESS



## Funeral for teenagers killed in tragic crash

Pallbearers carry a casket at the funeral on Tuesday for four teenagers killed in a highway crash, in Cap-Pelé, N.B. Justin Leger, Sebastien Leger, Justin Brown and Luc Arseneault died when their car crashed into a culvert and rolled several times in nearby Notre-Dame early Saturday. ANDREW VAUGHAN/THE CANADIAN PRESS



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# Reform Act gets the thumbs-up

**Bill to give MPs more power. Grits and NDP say they would support Conservative MP's bill**

A Conservative MP's provocative new bill to rebalance power between MPs and party leaders has gotten an early thumbs-up from the NDP and the Liberals.

With a number of Michael Chong's Tory colleagues already supportive, the measure could have serious legislative legs.

Among other things, the bill would give party caucuses the explicit right to review and oust their leaders.

Liberal Leader Justin Trudeau tweeted Tuesday that he shared the goals of Chong's proposed Reform Act of 2013.

NDP reform critic Craig Scott said he will personally support the bill and MPs in his party will be allowed a free vote on the legislation.

He said his leader, Tom Mulcair, "wants a system that's fair, where prime ministers actually don't have the kinds of levers of power that have been abused under Stephen Harper and have been used in ways that frankly aren't all that justified by previous prime ministers."

Chong is a moderate, popular Ontario MP with a long history of promoting stronger responsible government.

Conservative supporters included Alberta MP James Rajotte, Ontario MPs Larry Miller and Stella Ambley and Ontario Sen. Hugh Segal.

A Conservative source estimated that up to a quarter of the caucus could back Chong's proposals.

Chong argues that these rights have always existed by convention, but have not been exercised for decades.

The legislation would not come into effect until after the 2015 election.

THE CANADIAN PRESS

## How it works

## Reform Act's nuts & bolts

The bill has three components. It would give party caucuses in the Commons the right to vote to review the party leader and to trigger a leadership race.

As well, the bill would entrench in the Parliament of Canada Act the right of a caucus to review, eject and readmit MPs.

They would also have the right to elect and eject their caucus chair.

The third part of the bill would give electoral district associations the power to approve electoral candidates. Nomination papers would no longer require a leader's signature.

These measures would theoretically embolden MPs to vote as they want in the Commons, without fear of being turfed from caucus.



# Acid attack lands Russian ballet star in jail for six years

**Bolshoi.** Attack on ballet's director exposes vicious backstage bickering and intrigue at renowned theatre

A judge pronounced Bolshoi soloist Pavel Dmitrichenko guilty of making plans to attack Sergei Filin, the theatre's director who lost most of the sight in one eye and 20 per cent in the other in the attack on Jan. 17.

Ex-convict Yuri Zarutsky, who splashed the acid in Filin's face, was sentenced to 10 years; a driver, Andrei Lipatov, got four years. The three were also ordered to pay 3.5 million rubles (about \$112,000) in damages to Filin.

The dancer said during the



Dancer Pavel Dmitrichenko stands inside a barred enclosure at court in Moscow on Tuesday. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

trial that he had agreed to Zarutsky's offer to beat up Filin, but claimed that he had been unaware of his intention to use acid for the attack. He pleaded

not guilty but admitted "moral responsibility."

Dmitrichenko said he was shocked when he heard about the acid attack in the news and told Zarutsky they should surrender to the police. He testified that Zarutsky told him to keep silent and threatened to launch a similar attack on Dmitrichenko's ballerina girlfriend if he went to the police.

He said he had told Zarutsky that he disapproved of Filin's management style. He insisted that he always said Filin had been an excellent dancer, but he blamed him in part for the negative atmosphere in the theatre. He cited several incidents in which troupe members were driven to tears during heated conflicts with Filin.

Filin did not deny the incidents but retorted that it was simply part of the "artistic process." THE ASSOCIATED PRESS

## Germany

### New software detects banned neo-Nazi music

German police say they have developed software that can automatically identify banned neo-Nazi music.

Certain extremist music is banned from public sale or performance in Germany, but the far-right still regularly attempts to skirt the regulations with concerts to attract and recruit young people.

THE ASSOCIATED PRESS

## Los Angeles

### First traffic citation given to Google Glass user

A woman has pleaded not guilty to a traffic citation alleging the motorist was using Google's computer-in-an-eyeglass.

Cecilia Abadie was pulled over on suspicion of speeding and the officer tacked on a citation usually given to drivers who may be distracted by a video screen.

THE ASSOCIATED PRESS



### Thai government tries to defuse violent protests

A Thai policeman offers a rose to protesters outside city police headquarters in Bangkok on Tuesday. Prime Minister Yingluck Shinawatra ordered police to stop battling anti-government protesters in what has become a struggle to topple Yingluck and keep her brother, Thaksin Shinawatra, from returning to power. Thaksin was ousted in a 2006 military coup, and Yingluck's rivals have accused her of being his puppet. The conflict has killed four people and wounded more than 256 in the last three days alone. MANISH SWARUP/THE ASSOCIATED PRESS

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# Shark bites kayaker's dangling foot

A kayak fisherman died Monday off Maui after a shark bit his dangling foot, officials said.

Maui County Ocean Safety officials received a report that a shark had attacked a man fishing in a kayak between Maui and Molokini, a small island less than five kilometres off the southwest coast of Maui that is popular for diving and snorkeling.

The victim was fishing

## Unprovoked attacks

# 4

Over the last 20 years, Hawaii has averaged about four unprovoked shark incidents per year, the state said.

with artificial lures to attract baitfish. The Maui County Police Department identified the kayak fisherman as 57-year-old Patrick Briney of

Stevenson, Washington state.

His fishing partner tied a tourniquet on the man and sought help from a nearby charter tour boat. The boat took them to shore, and the man was then taken to a hospital, the state said. It's unclear when he was pronounced dead.

The kind of shark involved was not immediately known.

There have been eight shark attacks near Maui this

year and 13 statewide. On Friday, a woman suffered non-fatal injuries in a Maui attack.

"We are not sure why these bites are occurring more frequently than normal, especially around Maui," said Department of Land and Natural Resources chairman William Aila Jr. "That's why we are conducting a two-year study of shark behaviour around Maui."

THE ASSOCIATED PRESS



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Harrison Odjegba Okene, a cook aboard a tugboat that sank in the Atlantic Ocean off the Nigerian coast in June, looks in awe as a rescue diver surfaces into the air pocket that kept him alive for nearly three days. The miraculous encounter was recorded by the diver's headcam video and was made available on the Internet Tuesday. DCN DIVING/THE ASSOCIATED PRESS

# Cook survives three days in sunken boat at bottom of sea

## Video of miraculous rescue goes viral.

Nigerian found in air pocket lived on bottle of Coke and a prayer

Entombed at the bottom of the Atlantic Ocean in an up-ended tugboat for three days, Harrison Odjegba Okene begged God for a miracle.

The Nigerian cook survived by breathing an ever-dwindling supply of oxygen in an air pocket. A video of Okene's rescue in May that was posted on the Internet more than six months later has gone viral this week.

As the temperature dropped to freezing, Okene, dressed only in boxer shorts, recited the last psalm his wife had sent by text message, sometimes called the Prayer for Deliverance: "Oh God, by your name, save me ..."

To this day, Okene believes his rescue after 72 hours underwater at a depth of 30 metres is a sign of divine deliverance. The other 11 seamen aboard the Jascon 4 died.

Divers sent to the scene were looking only for bodies, according to Tony Walker, project manager for the Dutch company DCN Diving.

The divers had already

## Long ordeal

Okene's ordeal began around 4:30 a.m. on May 26. He was in the toilet when the tug, one of three towing an oil tanker in Nigeria's oil-rich Delta waters, gave a sudden lurch and then keeled over.

- He groped his way out, found a cabin that felt safe and began the long wait, getting colder and colder.
- He got really worried when he heard the sound of fish, shark or barracudas, he supposed, eating and fighting over something big.

pulled up four bodies. So when a hand appeared on the TV screen Walker was monitoring, everyone assumed it was another corpse.

"The diver acknowledged that he had seen the hand and then, when he went to grab the hand, the hand grabbed him!" Walker said.

On the video, there's an exclamation of fear and shock from Okene's rescuer, and then joy as the realization sets in. Okene recalls hearing: "There's a survivor! He's alive." THE ASSOCIATED PRESS



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# Senator haunted by his past crashes car

## Asleep at the wheel.

Retired general says reliving Rwandan genocide has left him unable to sleep

Sen. Roméo Dallaire nodded off at the wheel of his black BMW and crashed into a traffic barrier on Parliament Hill on Tuesday.

The retired general said the news last week of three suicides of Canadian soldiers, coupled with the coming 20th anniversary of the Rwanda genocide, has left him unable to sleep, even with medication.

"Every day I am reliving the 20th anniversary and reviewing that period of command," he said in an apology to the Senate. He says he didn't realize how tired he was.

"I simply ran out of steam

and fell asleep and crashed my car," he said.

"I am very thankful that nobody was injured or worse by my not being more attentive to the level of fatigue that I have been experiencing."

Dallaire commanded the ill-fated 1993-94 United Nations peacekeeping mission in Rwanda in central Africa.

He was an up-and-coming artillery general when he was tabbed to lead a UN force to oversee a shaky truce in the troubled country.

The UN ignored his warnings of the coming strife and the world collapsed on Dallaire and his small force within months of their arrival. After civil war broke out, major international players rebuffed his pleas for more soldiers, leaving him standing as a helpless observer to genocide.

Dallaire came home to medals and promotion, but his spir-



Sen. Roméo Dallaire's car rests on a traffic barrier after he crashed it on Parliament Hill in Ottawa on Tuesday. JENNIFER DITCHEBURN/THE CANADIAN PRESS

it was broken and he spiralled into depression and alcohol. At one point he was found passed out in a public park.

But a decade later, after much psychological help, support from his wife and children and a book into which he poured his tormented soul, Dal-

laire bounced back.

Shake Hands With the Devil, his pain-filled, graphic memoir of the genocide, won the Governor General's Award for non-fiction in 2004. He was named to the Senate by Paul Martin in 2005.

THE CANADIAN PRESS

## PTSD. Soldier attempts suicide after being told of military discharge

Veterans advocates and soldiers are warning that the number of attempted suicides among the ranks of Canada's military is growing at an alarming rate.

The wife of a soldier who tried to end his life last month says psychological injuries as a result of Afghanistan are an epidemic among members of the Canadian Forces.

Master Cpl. Kristian Wolowidnyk, a former combat engineer who served in Kandahar in 2009-10, became despondent when told he would be medically discharged because of his post-traumatic stress disorder.

Wolowidnyk's wife Michele says her husband had only seen a social worker every two weeks, and had not been under a psychiatrist's care since last summer.

He tried to kill himself two days after learning of his impending discharge, but survived after being rushed to hospital in Edmonton where he met with other veterans of the Afghanistan mission.

His story is coming to light just days after three members of the military took their own lives in a single week.

THE CANADIAN PRESS

### Smoking pot

## Boss embarrassed for Mountie

The RCMP commissioner says he's embarrassed for a New Brunswick Mountie who breached policy by smoking medicinal marijuana in uniform. Bob Paulson says it was

awkward and disappointing to see Cpl. Ron Francis make headlines after the national police force discouraged him from going public. Francis returned his red serge and accused the force of not doing enough to support RCMP members with post-traumatic stress disorder.

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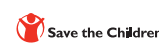
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# Mixed reviews for Canada's birthday logos

## First impressions.

Designs for nation's 150th anniversary celebration met with a variety of complaints

Proposed logos for Canada's 150th birthday are getting mixed reviews from the first Canadians to see them, with some complaining one looks too much like a hockey puck and another is too Disneyland.

There were also complaints about a military theme conjured by a badge-like logo, while another retro design was slammed as too boring.

Those are the impressions of nine focus groups in Chilliwack, B.C., Mississauga, Ont., and Montreal to proposed logos that the Canadian Heritage Department is shopping around to prepare for the



Proposed logos for Canada's 150th birthday are getting mixed reviews from the first Canadians to see them. CANADIAN HERITAGE/THE CANADIAN PRESS

2017 anniversary of Confederation.

The five proposals range from a shield — looking to some like a soccer logo or a beer label — to a stylized maple leaf exploding with fireworks, which some com-

plained too closely resembles the Petro-Canada symbol.

All of the logos feature red as the dominant colour, though one also has blue — which the English focus groups said was too American.

THE CANADIAN PRESS



## Feet on the ground, head in the clouds

In this Friday photo released by the U.S. National Park Service, visitors to Mather Point at Grand Canyon National Park in Arizona look out over a rare total cloud inversion. The phenomenon, caused by cold and warm air masses interacting, left the Grand Canyon peaking above a sea of clouds.

ERIN WHITTAKER/NATIONAL PARK SERVICE/THE ASSOCIATED PRESS

## Bad Sex in Fiction Award

### You had me at 'shoals of quarks'

An out-of-this-world sex scene invoking stars, supernovas and statisticians has won U.S.-based writer Manil Suri the uncoveted Bad Sex in Fiction Award.

Suri won the annual British prize for a passage in his novel The City of



Manil Suri  
THE ASSOCIATED PRESS

Devi, in which the characters "streak like super-heroes past suns and solar systems, we dive through shoals of quarks and atomic nuclei."

The passage climaxes:

"In celebration of our breakthrough fourth star, statisticians the world over rejoice."

Suri, a professor of mathematics at the University of Maryland, was not on hand Tuesday to accept his award in person. A representative of his publisher, Bloomsbury, accepted the prize from Joan Collins at a ceremony in London.

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# Published material just 1% of Snowden files: Newspaper

## British lawmakers question editor.

Rusbridger says Guardian had come under pressure from authorities in a way 'inconceivable' in U.S.

The editor of the Guardian said Tuesday the British newspaper has published just 1 per cent of the material it received from former National Security Agency contractor Edward Snowden, and denied the paper had placed lives or national security at risk.

Under questioning by lawmakers on Parliament's home affairs committee, Alan Rusbridger accused British authorities of trying to intimidate the

newspaper, and warned of "national security being used as a trump card" to stifle debate.

The Guardian helped spark a global debate on privacy and security by publishing a series of stories based on leaks from Snowden disclosing the scale of telephone and Internet surveillance by spy agencies in the U.S. and Britain.

Rusbridger said the leak amounted to about 58,000 files, and the newspaper had published "about one per cent" of the total. "I would not expect us to be publishing a huge amount more," he said.

Rusbridger defended the newspaper's decision to publish the secret material. He said stories had prompted much-needed debate about the scale of intelligence activities and exposed the limits of regulatory laws drawn up in

## Quoted

**"There is no doubt in my mind ... that newspapers have done something that oversight has failed to do."**

Alan Rusbridger, editor of the Guardian, saying they had exposed the limits of regulatory laws drawn up in the pre-Internet era.

the pre-Internet era.

He said pressure to stop the stories came from Britain's top civil servant, politicians' calls for the newspaper to be prosecuted and a security agency threat to confiscate the Guardian's hard drives containing Snowden files. (Rusbridger destroyed the drives, but first sent copies of the documents abroad).

THE ASSOCIATED PRESS



## Disabled get a hand — just not the right kind

Indian policemen detain a physically disabled Kashmiri during a protest to mark the International Day of People with Disability in Srinagar, India, Tuesday. The annual observance of this day aims to promote an understanding of disability issues and mobilize support for the dignity, rights and well-being of persons with disabilities. DAR YASIN/THE ASSOCIATED PRESS

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Shirin Majid, left, watches as her husband plays with their nine-month-old daughter at home in New York. Majid works for an Internet startup, which has a "blackout" week, during which workers are forbidden to work. BEBETO MATTHEWS/THE ASSOCIATED PRESS

# I'm gonna need you to relax a bit

**That'd be great, mmmkay?** Bosses are forcing staff to put down the TPS reports and smartphones in a bid to fight burnout

Volkswagen turns off some employees' email 30 minutes after their shifts end. Goldman Sachs is urging junior staff to take weekends off. BMW is planning new rules that will keep workers from being contacted after hours.

This surge in corporate beneficence isn't an indication that employers are becoming kinder and gentler: It's about the bottom line. After years in which the ease of instant communication via email and smartphones allowed bosses to place greater and greater de-

mands on white-collar workers, some companies are beginning to set limits, recognizing that successful employees must be able to escape from work.

"Industry is now responding," said Cary Cooper, a professor of organizational psychology and health at Lancaster University, who says the imperative to be constantly reachable by iPhone or tablet is taking a toll on the work delivered at the office. "Employees are turning up, but they're not delivering anything."

After seeing colleagues lose their jobs during the Great Recession, workers are more inclined to come in to work, even when sick, surveys show. Many employees fear switching off, instead deciding to work on vacation, during dinner and in bed with the help of smartphones, laptops and tablet computers.

THE ASSOCIATED PRESS

## A quirky solution

To get everyone, from intern to CEO, to not overdo it with the work hours, some companies have resorted to bolder measures.

- Quirky, a New York based startup, has instituted a "blackout" week once a quarter during which no one except customer-service representatives is allowed to work.
- Having the message come right from the top was important for Shirin Majid, the company's 39-year-old head of digital marketing, who laments not having enough time to spend with her husband and 9 month-old daughter, Ella.

## War of the words

### Word of 2013: Selfie or science?

Look alive, selfie. There's another word of the year that's not all about you.

While Oxford University Press declared those little smartphone self-portraits its winner, the folks at Merriam-Webster announced "science" on Tuesday.

Merriam-Webster recorded a 176 per cent increase on its website of lookups of science compared to 2012.

THE ASSOCIATED PRESS

## Saskatchewan

### PotashCorp to slash 18% of staff

PotashCorp of Saskatchewan is cutting its workforce by about 18 per cent, affecting 1,045 people — with the biggest hits in its home province of Saskatchewan, as well as New Brunswick and Florida.

The decision stems from soft demand for potash and phosphates, two major types of crop fertilizer.

THE CANADIAN PRESS

## Market Minute

**DOLLAR**  
93.91¢ (-0.07¢)

**TSX**  
13,319.87 (-99.70)

**OIL**  
\$96.04 US (+\$2.22)

**GOLD**  
\$1,220.80 (-\$1.10)

**Natural gas:** \$3.98 US (no change)  
**Dow Jones:** 15,914.62 (-94.15)

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# HELLO DRONES, RIP PIZZA-MAN PORN

Amazon Czar Jeff Bezos, overstimulated perhaps by CyberMonday, has come with what is either the best — or the worst — idea ever.

The man who sells everything everywhere to everyone proposes to use flying mini-drones to deliver packages to customers within 30 minutes, wherever they are.

Still in the virtual stage, it will be years before the bot turns up at your door seeking your signature, but we need to get ready.

I mean, there are questions to be answered.

Do you tip a drone? Seeing as they're not working their way through drone school or supporting a family of dronettes, it probably won't be necessary. But you want to make sure. Just ask the Taliban what happens when there's an angry drone at the door.

Will drones still leave those illegible notes behind? You



**JUST SAYIN'**  
**Paul Sullivan**  
metronews.ca

know the ones scolding you for not being there at the drone's convenience and advising you to pick up your package at (can you read this?) at (is that between 9 and 5 or 5 and 9?)

Or, because they are programmed to hunt down your DNA, will they find you wherever you are even if you don't want to be found? Even if you really want the new 50 Shades of Grey Concordance, maybe you don't want it right now. On the toilet.

The delivery drone can be adapted for other uses. Pizza for instance. The drone is the perfect technology to get it to your door within 30 minutes or you eat for free. Of course, you'll never eat for free, as the drone

can be programmed to get there in precisely 29.99 minutes every time. I'm not sure why they'd want to do that, but that's what happens now and it seems to work for the pizza

delivery companies.

Added note: For some reason, the pizza delivery man occupies a special place in the annals of pornography. This would be the end of that. Tough to make out with the pizza man if he turns up sporting eight whirling rotors, like the Amazon prototype. There could be flying pepperoni ... at least.

That's hardly the most sinister adaptation of delivery drone technology. These things are essentially CCTV cameras with wings. If they can send one into space (like the Hubble telescope) to track down galaxies 14 billion light years away, they can find you at the neighbourhood pub.

Or delivering your neighbour's pizza.

You see, the more you think about this, the more you realize there are bugs that have to be ironed out. Bezos hopes to get his little bots airborne as early as 2015, but I suspect it will be a sunny day in Seattle before it happens.

Er, be right back. There's someone...or something...at the door.

## ZOOM

# Freaks of nature



## Bizarre animals revealed in book

They may not have the "Aw" factor of, say, pandas or sea otters, but these unique animals still deserve our attention.

A cynipid wasp and a sea slug called a nudibranch feature in *Animal Earth*, a new book that celebrates the weird and wonderful diversity on our planet. **METRO**

### By the numbers

## 200M

The number of species of animals that are still undiscovered, according to zoologist and author of *Animal Earth*, Ross Piper. "We know a great deal more about the surfaces of barren moons in space than we do about our own planet. There are so many fascinating animals around us, and we haven't gotten to grips even the tiniest bit with how they live," he said.

### More numbers

- **Unknown world.** 86 per cent of all species on land and 91 per cent of those in the seas have yet to be discovered, described and catalogued, according to a 2011 study.
- **Drop in the ocean.** Due to the abundance of life on our planet, the IUCN Red List — the most sophisticated ongoing project of studying threatened animals — monitors less than one per cent of the world's species.



TOMAS RAK, ALEXANDER SEMENOV/ANIMAL EARTH/THAMES & HUDSON

### Photog says:

"Sea slugs possess every colour and shape combination imaginable — they are one of the most vibrant groups in the sea."



Alexander Semenov, 28, photographer and zoologist at the White Sea Biological Station in Karelia, Russia

### Clickbait



**HANNAH ZITNER**  
hannah.zitner@metronews.ca

**As shoppers digest the announcement/confession/stunt that Amazon hopes to have flying robots deliver their goods, we take a look at other (real and not-so-real) drone delivery services:**

### TacoCopter:

Unveiled at tech conference Disrupt SF back in September, the TacoCopter was aerial robot designer Skycatch's answer to Californians' need for instant delicious Mexican food.

### DomiCopter:

You guessed it. Domino's goes drone with the DomiCopter.

### Oppikoppi music festival beer drop:

Since you can't have tacos or pizza without beer, there's a drone drop for that too. South Africa's Oppikoppi festival used GPS-guided drones to



PHOTO ILLUSTRATION:  
DAVID VAN DYKE/METRO

help music-lovers avoid long lines at the beer tent and drop cold brews to the parched brus.

### Twitter

**Merriam-Webster say searches for the word 'science' are up 176 per cent this year. What's the explanation for this?**

**@Ptwhohig:** The explanation is rooted in the confusion that exists over good & bad science as well as the politics of science. Climate change, fracking, pipelines, hydro development, Chris Hadfield, etc have all generated interest in science

**@ommoran:** Explanation? Students no longer sure what the word "science" means and having to "Google it".

**@deekes11:** I'm thinkin Breaking Bad has something to do with it #heisenberg

**@AliciaMarie\_09** maybe some awesome parents are showing girls there is more to life than twerking/selfies. Brains are sexy too!

**@likeibother** 176% is not a huge jump. It's actually just more than double. And it's taken from their own search web only

**@myomichu** Science sensationalized and turned into entertainment. Good for education but sometimes borderline fiction.

**@cailiey** I would bet @SarcasticRover has an idea why...he's currently doing a science on the red planet...

**@LeosBandwagon** isn't the answer clearly "science" itself #scienceisalwayssteanswer

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Send us your comments: [edmontonletters@metronews.ca](mailto:edmontonletters@metronews.ca)





# This might change your mind about your greek yogurt.

metronews.ca  
Wednesday, December 4, 2013

SCENE 21

## A happy holiday accident: How Love Actually left a starry legacy

**Cast of thousands.** As Richard Curtis notes, even the then-lesser-known actors in his 2003 romantic comedy are now major stars

**NED EHRBAR**  
Metro World News in Hollywood

Richard Curtis swears he didn't set out to make a Christmas classic with *Love Actually* — which just turned 10 years old — but that's what exactly happened. "I didn't really think that when I was writing the film. I certainly didn't think, 'This is a cunning commercial measure.' I just thought it was in the spirit of the film," Curtis tells Metro.

"Particularly in the States, I think it's become a Christmas thing. I think it's just kind of on a loop on some English TV stations (year-round), but I think it's become more of a Christmas thing. And it's delightful. I think you consider it lucky. I feel that a little bit about *Love Actually*, that I wrote a multi-thing movie, and because it was a Christmas one it looks like it's going to last."

What Curtis finds particularly entertaining is what's become of the film's massive cast, originally built as a mix of big stars (Hugh Grant, Emma Thompson) and lesser-known faces (Chiwetel Ejiofor, Andrew Lincoln).

"It now seems over-cast because half the cast weren't very well-known (at the time), only if you really watched English telly," he says. "And now with



Hugh Grant, as the British prime minister, and Martine McCutcheon, as his assistant, at a Christmas pageant in Richard Curtis' 2003 romantic comedy *Love Actually*. PETER MOUNTAIN/UNIVERSAL STUDIOS

Martin Freeman being the Hobbit and with (Lincoln on) *The Walking Dead* and with January Jones on *Mad Men* and Chiwetel now I hope going to win an Oscar this year, the movie's looking increasingly unbalanced. There was meant to be a balance between people you knew and people you didn't. Even Thomas Sangster, who played the little boy, is now on *Game of Thrones*."

In that spirit, here's a look at what the ensemble of *Love Actually* have been up to lately.

### The Prime Minister and Natalie

**Hugh Grant:** Currently filming *The Man from U.N.C.L.E.* for Guy Ritchie, Grant was last seen playing several nasty characters in *Cloud Atlas* and taking on Rupert Murdoch in the *News of the World* phone-

hacking scandal.

**Martine McCutcheon:** A familiar face with U.K. audiences when the film premiered thanks to her work on *EastEnders*, McCutcheon will next be seen in the TV movie *The Home Office*.

### Daniel and Sam

**Liam Neeson:** The esteemed Irish actor reinvented himself with 2008's *Taken* and has now become one of the most successful — if unlikely — action stars in the world.

**Thomas Brodie-Sangster:** The 23-year-old has grown up on TV and movie screens, with roles in *Doctor Who* and *Nowhere Boy*, and currently stars as Jojen Reed on *Game of Thrones*.

### Jamie and Aurelia

**Colin Firth:** Already a fan favorite at the time thanks to *Pride*

and *Prejudice* and *Bridget Jones's Diary*, the very busy Firth is now an Oscar winner for *The King's Speech*.

**Lúcia Moniz:** The Portuguese actress and singer has been working steadily on TV in her home country, most recently on *Bem-Vindos a Beirais*.

### Harry, Karen and Mia

**Emma Thompson:** The actress with the most heartbreaking and memorable scene in *Love Actually* is also earning plenty of Oscar buzz for this year's *Saving Mr. Banks*.

**Alan Rickman:** Forever known to a generation of fans as Professor Snape in the *Harry Potter* series, Rickman recently starred as Ronald Reagan in *Lee Daniels' The Butler* and N.Y.C. nightlife guru Hilly Kristal in *CBGB* and will next take on King Louis XIV in *A Little Chaos*.

**Heike Makatsch:** The German actress has been working steadily in Europe for the past decade and can be seen in theatres now in *The Book Thief*.

**Peter, Juliet and Mark Keira Knightley:** Already a star on the rise 10 years ago, Knightley is now an Oscar nominee who can next be seen in *Can a Song Save Your Life?* and Jack Ryan: *Shadow Recruit*.

**Chiwetel Ejiofor:** After years of under-the-radar supporting roles, Ejiofor is a Best Actor hopeful this year for the powerful *12 Years a Slave*.

**Andrew Lincoln:** Lincoln went relatively unnoticed for years until taking the lead role in TV's *The Walking Dead*, now in its fourth season.

### Billy Mack and Joe the manager

**Bill Nighy:** The incredibly busy Nighy — who turns 64 this month — most recently teamed with Richard Curtis for *About Time* and is set to start filming the sequel to *The Best Exotic Marigold Hotel* shortly.

**Gregor Fisher:** Fisher has been doing plenty of work on the small screen in Britain in series like *Empty*, *Rab C. Nesbitt* and *Love Life*.

### The naked stand-ins

**Martin Freeman:** He was already a TV star in the U.K. 10 years ago thanks to *The Office*, but now he's both Watson on *Sherlock* and the Hobbit in, well, *The Hobbit*.

**Joanna Page:** The Welsh actress has worked steadily on TV in the last decade — most notably as Stacey on *Gavin & Stacey* — and most recently popped up as Elizabeth I on the *Doctor Who* 50th anniversary special.

# 2 SCENE

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# This might change your mind

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Christian Bale, left, and Casey Affleck in a scene from *Out of the Furnace*. KERRY HAYES/RELATIVITY MEDIA

## For *Out of the Furnace*, Bale morphs once more

**Hollywood chameleon.** An actor known for his physical transformations explains how he got into (and out of) shape for a variety of movie roles



**IN FOCUS**  
Richard Crouse  
scene@metronews.ca

Christian Bale likes to keep you guessing. The intense actor, who became a superstar playing Batman, makes chancy career choices on purpose.

"I like to think that as long as you continue choosing diverse roles, you can avoid becoming predictable," he says.

He could make a life (and a fortune) playing square-jawed superheroes in action movies, but instead chooses

to shake things up.

Since his breakthrough performance in 1987's *Empire of the Sun* he has been a chameleon, losing sixty pounds to play the skeletal lead in *The Machinist* and gaining a beer gut and a comb-over for an upcoming role in *American Hustle*.

This weekend in *Out of the Furnace* he changes it up once again. He stars as a steel mill worker pushed to extremes when his Iraq war veteran brother (Casey Affleck) gets mixed up with the wrong people and disappears.

The vengeance angle sounds Batmanesque, but *Out of the Furnace* is set far away from Gotham in the economically-depressed Rust Belt. There isn't a cowl or a cape in sight, and Bale has once again physically transformed himself.

Here's a look at how Bale physically changes it up for his movie roles.

### **American Psycho**

Creating the "Olympian physique" of serial killer Patrick

Bateman in *American Psycho* took some discipline. "I'm English," he said, "and in England, we don't have many gyms around. We'd rather go to a pub instead." A trainer and a protein diet took off the pounds.

### **The Fighter**

As boxer and former drug addict Dicky Eklund in *The Fighter* he dropped thirty pounds and used make-up and prosthetics to age himself. How did he lose the weight? "Usually I always say, 'Oh, I do a lot of coke whenever I lose weight.' I'm not sure if it's so funny for this movie, to say that." In reality he trained with the real-life Eklund and boxed the pounds off.

### **Velvet Goldmine**

In *Velvet Goldmine* he plays a London journalist looking into the life and faked death of glam rock singer Brian Slade (Jonathan Rhys Meyers). Once again he had to physically transform, but not in the traditional way.

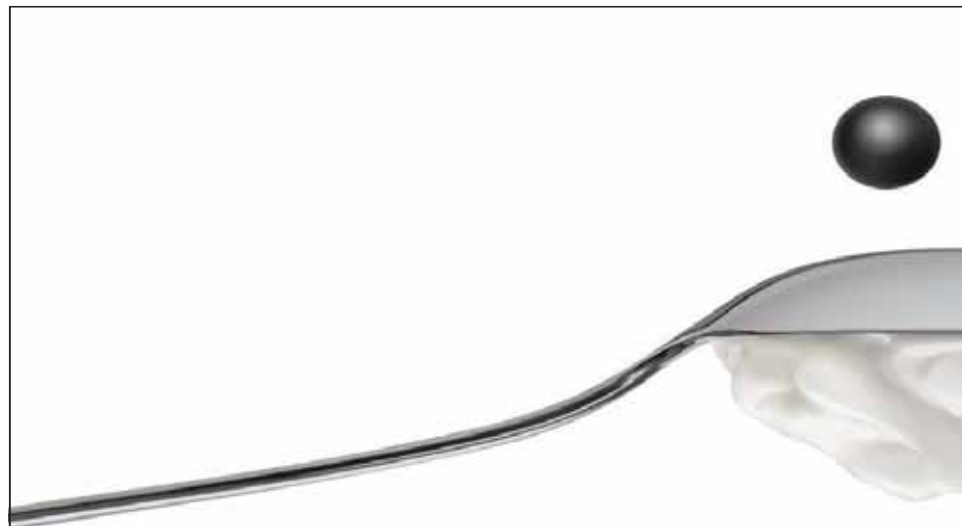
When his mom saw that he was working out and running at 6 a.m. she said, "Christian, what are you doing? You're doing a film about sex, drugs and rock 'n' roll. Why don't you do it the way they did it? They weren't out running. They drank a helluva lot and lived unhealthily."

"I took that to heart," he says, "and it works."

### **No need for the gym**

"Christian, what are you doing? You're doing a film about sex, drugs and rock 'n' roll. Why don't you do it the way they did it? They weren't out running. They drank a helluva lot and lived unhealthily."

Christian Bale's mom, when she saw he was working out in order to lose weight for *Velvet Goldmine*



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SCENE

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## Cheers! Kirstie and Rhea reunite for another sitcom

**Veteran duo.** Only this time around, Perlman's character actually cares about Alley's — and is only sort of antagonistic

**MATT PRIGGE**  
Metro World News

As Carla Tortelli on Cheers, Rhea Perlman spent 11 seasons openly antagonizing the patrons and some of the staff of a Boston bar. On Kirstie, her first regular sitcom gig in ages, she's only somewhat antagonistic to the other characters, including fellow Cheers alum Kirstie Alley. Perlman plays the best friend and assistant of Alley's Broadway diva, who reconnects with a son (Eric Petersen) she'd given up for adoption. (Another sitcom vet, Michael Richards, plays her chauffeur.) For the record, she's not remotely antagonistic in person.

**What was it that made you want to come back to full-time sitcom work?**

I love my sitcom days. It's the coolest job in acting. It's live, which is very rare and fabulous. You get to rehearse for four days then do it in front of an audience. It's a mixture of being on stage and being on film.

**Apart from reuniting with Kirstie Alley here, you've often popped up on shows by other Cheers castmates. How easy is it to slip back into that rapport?**

It's like seeing your old friends from college. With people you haven't seen in a long time but you were really close with, you just go right back. I do keep up with some of them.

**Your character's relationship with Alley is a lot less antagonistic than it was on Cheers.**

This one I really care about her. On Cheers, Carla, she was fine with her, and she was better with her than with Diane. But she didn't care about her. Carla cared about Sam and about her kids. But I wouldn't say she really cared about the other people in the bar.

**You've only done a handful of episodes so far. How easy is it finding the show's voice so early on?**

I feel like as with any show, in its first year, you start finding



Rhea Perlman, who played the wisecracking waitress Carla on Cheers, has returned to regular sitcom work with a role on Kirstie. GETTY IMAGES

it, and the writers start finding it, and the actors start finding it. If we're lucky enough to have another season, it will continue to be found. I love the medium because there's no beginning, middle or end. You just get to continue developing the character, to find where she's from and where she can go.

**It's a lot like TV dramas in that sense.**

I've never been in one of those dramas, which I love to watch, like Breaking Bad, where you just don't know how it's going to end. Will I get killed? We don't usually worry if we're going to get killed in comedy.

**How does it affect you not knowing the end of a show?**

I don't think you're ever really safe in acting, ever. Even if you're doing the same show every night, it's never the same. You don't know what you're going to do, what the audience is going to do. It's not like you're doing a math problem, where you know there's a solution at the end and you get it right or you get it wrong.

**Eric Petersen has done stage but this is his first TV show. How did he fit in with three vets?**

He just really jumped right in. I was impressed, because I think people would be intimidated by us — not that we're intimidating people, because we're not. He's comfortable with himself and he's comfortable being on stage.

**So you didn't have to teach**

**him things?**

We never had to teach him things! I was ready to teach him things. He didn't ask, the sonofab— (Laughs.)

**Kirstie's station, TV Land, has a reputation of really supporting its shows and its actors.**

I feel like they like the show. That's a great feeling. The legend with Cheers is, our first two years, we were at the bottom of the ratings. Like 67 out of 68 or whatever it was. But the network, they loved the show, and we knew they loved the show. And we were so blissfully unaware that we might be in jeopardy. I don't think any of the actors ever thought about that.

We just felt like these people like us, so we'll keep doing this show. It was very comfortable. I really think it's a great way for networks to be. They should put their weight behind a show, because they picked it to begin with. They chose to do that pilot and they chose to pick it up, then they have to choose to nurture it. (TV Land is) very nurturing.

**Are you aware these days of how well a show is doing?**

These days you have to be a little bit aware. In the old days you wouldn't have any idea. I wasn't paying any attention to ratings or whether people liked the show till we were a hit. Now I'm sure once it starts airing, I'm going to be aware of how it's doing. They'll be telling us, it will be written up, it will be hard to avoid knowing how it's doing.



# Matisyahu found himself lost in faith

**Interview.** The Jewish reggae star talks about his new album, the backlash when he made drastic physical changes and his new guiding philosophy

KASIA  
PILAT  
scene@metronews.ca

What's in a name? For Jewish reggae artist Matthew Paul Miller, adopting the name Matisyahu in 2001 was but one step in what he describes as a lifelong evolution.

Miller became Matisyahu, the Ashkenazic Hebrew equivalent of Matthew, when he was 19 after what he describes as a conscious search for guidance, structure and community — something he found in Brooklyn's Chabad-Lubavitch Hasidic community. In an attempt to shed his past and become something new, he adopted the long Hasidic payor and beard and traditional dress.

"I remember the first time I wore a yarmulke," he says. "It felt good. It felt good to represent something, to represent a people, to represent something ancient; something that I felt was eternal."

Matisyahu's stirring debut, 2004's *Shake Off the Dust... Arise*, was his decisive arrival on the music scene — in full Hasidic garb, he sings and spits devotional verses over high-powered dancehall reggae. The deliberate manner in which he was able to unite such seemingly disparate things as rap, reggae and Hasidism was met with widespread acclaim, as were his follow-up albums, 2006's *Youth and Light* three years later.



Matisyahu dealt with a strong backlash after making changes to his physical appearance. CONTRIBUTED

Despite the successes, however, Matisyahu says that his faithful adherence to Hasidic guidelines caused him to lose his self and his

ability to make decisions and his philosophy began to change. Before releasing last year's *Spark Seeker*, the near-unrecognizable image of

a cleanly-shaven Matisyahu was revealed via his Twitter account, to the disappointment of many.

"There were a lot of

people that were hurt, that were upset and didn't understand why I shaved my beard," he says. "But for me, it was a very inner, organic

## Not just a look

"I remember the first time I wore a yarmulke. It felt good. It felt good to represent something, to represent a people, to represent something ancient; something that I felt was eternal."

Matisyahu  
On adopting traditional Hasidic dress

and real process that lasted over the course of the last 12, 13 years... At one point I was just able to make that realization that I can change and that it's my life and that I can do whatever I want and that God will love me."

*Spark Seeker*, a more pop-driven and accessible yet still spiritual album, was written and recorded before Matisyahu revealed his new look. He says that a new album, set to drop in the spring, will deal in-depth with his drastic physical change and the backlash that followed.

For his upcoming record Matisyahu recruited his touring band *Dub Trio*'s bassist Stu Brooks in his first role as a producer along with Joel Hamilton (*Pretty Lights*, *Dub Trio*) and recorded it in Brooks' home in Brooklyn as well as in his own, in Los Angeles. The album's sound, he says, runs the gamut in terms of genre and style while the theme and lyrics remain consistent throughout.

"It has electronic stuff, it has stuff that's really organic. It's definitely more stripped back, less bells and whistles and more of a clean top sound than my last record. It's more of an indie record. It's edgy and emotional and very personal. It feels very honest."



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Most searched

## Twerks and jerks top Yahoo's list

Yahoo Canada is out with its ninth annual list of top searches and twerking pop star Miley Cyrus tops the list for 2013 ahead of Toronto mayor Rob Ford. Cyrus garnered attention at this year's MTV Video Music Awards for her provocative performance while Ford remains embroiled in a crack cocaine scandal.

Yahoo Canada says Blackberry took the No. 3 spot in overall searches ahead of Kim Kardashian and the book *Fifty Shades of Grey*.

As for the top news story searches on Yahoo Canada, the search engine says the murder of Hamilton, Ont., man Tim Bosma was No. 1 on the list in 2013.

The Boston Marathon explosions were second, the selection of a new pope was third, followed by the Cleveland kidnappings and the flooding in southern Alberta.

Yahoo Canada says the ongoing Senate spending scandal led all searches in



Miley Cyrus. CONTRIBUTED

the Economic and Political issues category ahead of the Liberal leadership race.

In searches for newsmakers, Yahoo Canada says most of the queries were for Pakistan schoolgirl Malala Yousafzai, followed by NSA whistleblower Edward Snowden.

Drug-related suspensions in Major League Baseball topped the sports-related searches on Yahoo Canada, with stories about gay athletes coming out in second place.

THE CANADIAN PRESS

# Which two 90210 stars are writing tell-all books?

## Which two people are going to buy them?

Jennie Garth and Jason Priestly are banking on people still caring what happened on the once popular soap

EMILY LAURENCE  
Metro World News

Jennie Garth is at work on a personal tell-all and she's promising to dig deep.

Her upcoming book, titled *Deep Thoughts From A Hollywood Blonde*, will give readers an inside look at her life while starring on 90210 and what she's been up to since.

Like any Hollywood star, Garth has had her share of highs and lows while pursuing fame, and she's revealing



Do you want to know about the soap opera behind the soap opera? CONTRIBUTED

all in her new book.

She's dishing on her relationships with her co-stars, divorce from Peter Facinelli and life as a single mom.

Just two weeks after Garth's book will hit bookstores on April 1, 2014, fellow

90210 alum Jason Priestly will be releasing his memoir, also promising to give readers a behind-the-scenes look at the show with new details about the cast's relationships with each other.

Priestly's book will also

touch upon his drunk driving arrest in 2000 and his famous falling out with Aaron Spelling.

Besides Garth and Priestly, 90210 star Tori Spelling has also released a memoir, *STORI Telling* in 2009.

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George Clooney. ALL PHOTOS GETTY IMAGES

## George Clooney hasn't found the right woman

It turns out George Clooney just hasn't met the right woman yet. As part of a questionnaire by artist Tracey Emin used for a "text portrait" of the actor in W magazine, Clooney was asked who the love of his life is or was, and his response?

"I haven't met her yet." But don't feel too bad for Clooney, as the hard-working actor has at least managed to find a way to avoid homesickness.

"I spend eight months a year in a one-bedroom hotel room in a city I probably

wouldn't vacation in," he says. "But no city, no space fails to be a home if your family and friends can find the time to visit. I get desperately, depressingly homesick if I can't find a way to be near the people that bring joy wherever they go."

A movie poster for 'American Hustle' featuring the main cast: Christian Bale, Bradley Cooper, Jeremy Renner, Amy Adams, and Jennifer Lawrence. The title 'AMERICAN HUSTLE' is in large yellow letters. Below the title, it says 'from the director of silver linings playbooks and the fighter'. At the bottom, it says 'december 20'. On the right side, there is a vertical text: 'You could WIN passes to see AMERICAN HUSTLE'. At the bottom right, there is a logo for 'club metro.com TO ENTER' and a small 'e one' logo.

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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



## Walker died on a 'hot spot for street racers,' say police

While the neighbourhood where Fast & Furious star Paul Walker died in a fiery crash is known to attract street racers, law enforcement officials do not believe the Porsche he and a friend were riding in had been racing another car.

Accident investigators "have received eyewitness statements that the car involved was travelling alone at a high rate of speed," the Los Angeles County Sheriff's Department said in a statement Monday. "No eyewitness has contacted the (department) to say there was a second vehicle."

Walker and his friend and fellow fast-car enthusiast Roger Rodas died Saturday when Rodas' 2005 Porsche Carrera GT smashed into a light pole and tree, then exploded in flames. The posted limit was 45 m.p.h. (about 72 km/h).

The two had taken what

was expected to be a brief drive away from a charity fundraiser and toy drive at Rodas' custom car shop in Valencia, about 30 miles northwest of Los Angeles. Walker's publicist said the action star was the passenger. The crash happened on a street that forms an approximately one-mile loop amid industrial office parks. It is rimmed by hills and relatively isolated from traffic, especially on weekends when the businesses are closed.

"It's well-known out here that that's a hot spot for street racers," California Highway Patrol Sgt. Rick Miller said.

Skid marks are a testament to past antics on the loop. The sheriff's department, which polices the neighbourhood, said Saturday's wreck was not the first speed-related crash there, but would not reveal specifics.

Meanwhile, investigators are consulting video from security cameras, talking to witnesses and analyzing physical evidence such as on-board computer data from the Porsche.

THE ASSOCIATED PRESS



Diane Lane

## She's no Lois, but Lane is single ahead of role in Superman flick

Josh Brolin and Diane Lane have finalized their divorce and are officially single, according to E! News.

The couple was married for eight years before Lane filed for divorce in February.

"It is very amicable," a source says.

"It's not ugly, it's just over."

Lane is currently gearing up to film Batman vs. Superman, while Brolin most recently checked himself into rehab for alcohol abuse.



Lindsay Lohan

## Lohan to sue Grand Theft Auto V

Lindsay Lohan is reportedly set to send her lawyers after the makers of Grand Theft Auto V because she believes they used her image without permission to create a character in the hugely successful video game, according to TMZ.

One part of the gameplay involves hiding a Lohanesque character from the paparazzi, while another tasks players to photograph her having sex at a hotel that resembles Lohan's regular hangout the Chateau Marmont.

Lohan's lawyers are reportedly crafting a suit that demands significant compensation.



# Only the best in sunny Key West

**Party spot.** Warm Florida town rivals New Orleans for wild street life and just plain old fun



**JIM BYERS**  
@jimbyerstravel  
jimbyerstravel.com

Wild, weird and utterly wonderful.

From sunset cheers to cheap beers, and from wacky parades to fine cuisine, Key West might be the only town in North America that give New Orleans a run for its money in terms of forget all your cares, down and dirty fun. Here's a look.

## Doing

America doesn't mind selling guns to almost anyone, but they generally frown on sipping an adult beverage on a public street. Go figure. Lucky for you, Key West encourages us to take the libation of our choice and stroll down Duval Street, all the while wearing just about anything that might strike our fancy. Everything you've heard about this street is true; cross-dressers give you the come on as you parade past, tiny bars offer dollar beers (okay, American beers, but still) and gays and lesbians and transgendered folks mingle with gawking tourists from Peterborough



Sunsets at Mallory Square in Key West are an event with lots of drinking and wild applause. JIM BYERS/METRO

and Pennsylvania. Crowds gather nightly at Mallory Square to watch the sunset and applaud the majesty. Tacky? Maybe. But tons of fun, and a great way to meet people. Duval is a parade almost any night, but it's especially wild around Mardi Gras and Halloween. Too much excitement? Try a wonderful, peaceful sail on a classic schooner. For \$5, you'll get a 90-minute ride on the shimmering green waters of the Florida Keys. Free sodas and beer, wine or champagne for

a buck. You also could retreat into the quiet of the beautiful, white St. Paul's Episcopal Church if you really want a respite.

## Sleeping

Should you choose to actually go to bed, the options are endless. High end luxury types can opt for the Casa Marina, a Waldorf Astoria resort. Rooms aren't large in an old place like this but it's beautiful, and you can arrange for a dinner just steps from the sand. Rooms

listed recently for \$179 and up in December. Close to the action, but a world apart. Closer to Duval, but still far enough away, is the Key Lime Inn, part of the Historic Key West Inns group. The pool isn't fancy but the units are Florida chic and the folks friendly as can be. Rooms from about \$159 in December.

## Dining

Seven Fish is a dynamite spot near the Key Lime Inn, offering luscious fish, and, I'm told, excellent meat

## Learning

Killed too many brain cells and need a jolt of something historical? Check out the Truman "Little White House" on Front Street to see where Harry S. himself did some of his work. Or look into the Hemingway Home and Museum, one-time hang-out of the famous author and former Toronto Star correspondent, or the Key West Heritage House Museum and Robert Frost Cottage. Then, just to even things out, walk down to Duval, grab a Heineken and watch the party. My God, you didn't come to Key West to better your education, did you?

loaf. Looking for something more, well, Floridian? You can't beat the casual, outdoor dining at Blue Heaven, where one of the buildings used to be a bordello and where stray cats or chickens often roam among tables set under luxurious palms and a giant sail.

## Drinking

Too many to mention. But try Sloppy Joe's on Duval or Jimmy Buffett's Margaritaville. Other great spots include the Green Parrot on Whitehead St., which Playboy magazine once called the definitive Key West saloon.

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# Los Cabos with a SoCal vibe

## Esperanza, an Auberge Resort

Situated a few minutes outside Cabo San Lucas, the resort hosted Barack Obama and Hillary Rodham Clinton during the G20 conference in 2012. Each of the resort's 57 rooms occupy an entire floor of a series of casitas — small houses — that make up the resort. All rooms face the Sea of Cortez, with the upper floors featuring floor-to-ceiling windows that can be swung open to create an indoor-outdoor living space, including a private hot tub on the terrace. The resort's spa was recently named the best in Latin America by Travel + Leisure. [esperanzaresort.com](http://esperanzaresort.com)



## Flora Farm

Found near San Jose del Cabo, Flora Farm was built more than a decade ago by a California couple keen on carving an organic farm out of the desert landscape. The 10-acre complex has become a popular dining spot for locals and visitors, with everything cooked either grown on site or — in the case of the meat — raised at a second 150-acre farm owned by Flora's owners. Reservations are recommended. [flora-farms.com](http://flora-farms.com).

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Located where the Pacific Ocean meets the Sea of Cortez, Los Cabos has gained a reputation as a desert playground for the stars. Secluded on the southern tip of the Baja peninsula, the communities of Cabo San Lucas and San Jose del Cabo appear more SoCal than Mexico, offering everything from spas and eco tours to exclusive resorts.

DEAN LISK

dean.lisk@metronews.ca

## The Arch - El Arco

A rock formation at the southern tip of Cabo, the area features a number of beaches along with eroded areas that act as doorways where the Sea of Cortez crashes against the Pacific Ocean. On the sea side, a series of beaches, like Lovers and Pelican Rock, drop off swiftly, with the water depth reaching 25 to more than 500 feet within a few metres of shore. On the ocean side, the current along Divorce Beach is too strong for swimming, but its position facing west means more tanning time.



## Accommodations

Where you stay in Los Cabos all depends on the experience you want to have.

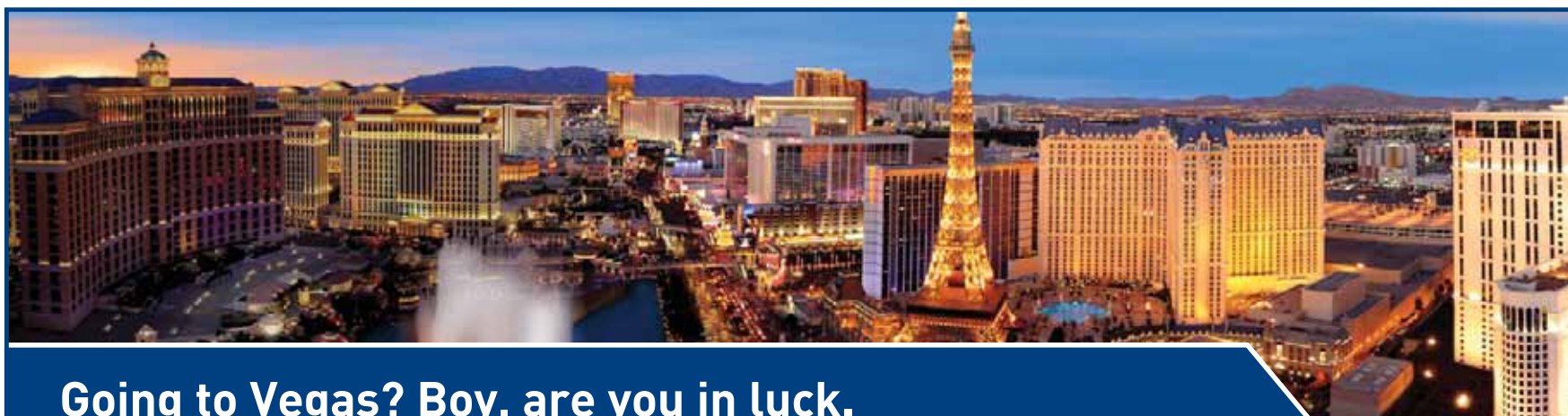
- **Las Ventanas Al Paraíso.** The resort's name translates into Windows to Paradise, and for good reason: from arranging over-the-top wedding proposals to massages for pets, the resort makes sure your every wish is realized. There isn't even a front desk. Instead, guests are greeted personally at the entrance by a concierge. [rosewoodhotels.com/en/las-ventanas-los-cabos](http://rosewoodhotels.com/en/las-ventanas-los-cabos)
- **One & Only Palmilla.** With its original villa built in 1956 as a 15-room luxury hideaway for the son of the President of

Mexico and his actress girlfriend, the resort has been hosting Hollywood stars ever since. Not only does it feature one of the few swimmable beaches in the region, but it also boasts the four-bedroom Villa Cortez, a more than 10,000 square foot private hotel-in-a-hotel with a staff of 12. Depending on the season it rents for \$11,500 to \$22,000 US per night [palmilla.oneandonlyresorts.com](http://palmilla.oneandonlyresorts.com)

- **Capella Pedregal.** Located in Cabos San Lucas, the resort is only accessible through a tunnel that was blasted through a large hill separating the city from the Pacific Ocean. The complex blends seamlessly into the mountain-side, including the cliff

hugging El Farallon restaurant at the northern end of the property. The resort contacts you a couple weeks before you check in to make sure your stay is perfect. [capellahotels.com](http://capellahotels.com)

- **Bahia Hotel.** Found in downtown Cabo San Lucas, the 85-room Bahia is half-renovated, featuring modern suites and rooms with the hotel's original 1960s decor — including large stucco-relief clam shells above the beds. The older rooms attract a loyal clientele. Catering to a younger crowd keen on being near the city's night-life, the hotel includes free Wi-Fi, a pool and popular street-side restaurant that has to expand into the hotel lobby on the weekend to accommodate diners. [bahiacabo.mx](http://bahiacabo.mx)



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# Wrap it, then pack it

The diehard travellers on your list might have their sights set on things a little out of your price range — a round-the-world airplane ticket or adventure tour, perhaps. Luckily, there are a few affordable options globetrotters can appreciate.



**ON THE MOVE**  
Loren Christie  
life@metronews.ca

## The softer side of luggage

Recently I broke my habit of hard-sided luggage and test drove a soft-sided bag, the Atlantic Compass Unite. The bag's claim to fame is its four-wheel spinners. They work in all directions even when linked with Velcro to matching bags, making a family's worth of luggage easier to manage. I loved that it was lightweight and seemingly indestructible. After two weeks and six flights, this bag looked like I just bought it. Starting at \$130 at Bentley and CAA.



## Everything is better when it's mini

Conair's Travel Smart products include minis made for travelling. Whether a clothes iron or a curling iron, their products are mini-sized for your packing convenience. Each of the personal appliances offers worldwide voltage and works anywhere in the world as long as you have a plug adapter. Available for under \$40 at conair.com or in travel stores like Toronto's The Travel Stop.

## It's all about the experience

For those who prefer providing an experience versus giving something tangible, Travelzoo has launched an online holiday gift guide, offering unique experiences, including spa days at the Four Seasons or Bliss spas, romantic getaways and dining at Michelin-starred restaurants. Each experience can be sent as an e-gift or mailed as a gift certificate. Gift-givers can expect savings of 30 per cent to 50 per cent off rack prices without sacrificing the wow factor. travelzoo.ca

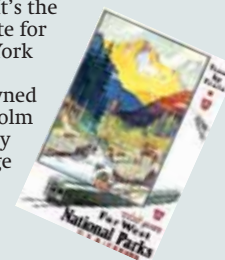


## The gift of a good night's sleep

The GoodNightFlight eye mask not only blocks out the light but it promises to eliminate the head bob; that uncomfortable head loll and jerk as you are nodding off. It comes with straps that anchor your head to the head rest and prevent you from face planting into your neighbour's shoulder. Designed for plane travel, it can also be used in cars and trains. Retail for \$24.95 US. Allow 10 days for shipping. goodnightflight.com

## If you can't get there, buy a poster

For those looking for less practical gifts, I love vintage travel posters. There is something romantic about these nostalgic pieces of art. You can usually find small selections in poster and print shops across the country, but for a large selection under one digital roof, check out vintagepostersnyc.com. It's the website for New York City's renowned Chisholm Gallery vintage posters. Prices vary.



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# Roll everything minus the kitchen sink into these sweet and salty treats

This is the cookie to make when you're looking to clean out the cupboards.

You'll pack them with all manner of treats — and oddities — from rolled oats,

## Ingredients

- 1 cup (2 sticks) unsalted butter, room temperature
- 1 cup packed brown sugar
- 1/2 cup granulated sugar
- 1 tsp baking soda
- 1 tsp baking powder
- 1 tsp kosher salt
- 1 egg
- 1 egg yolk
- 2 tsp vanilla extract
- 2 tbsp previously brewed coffee grounds
- 2 cups all-purpose flour
- 3/4 cup rolled oats
- 3/4 cup chopped prunes
- 1 cup crushed wavy potato chips
- 1 cup salted peanuts
- 1 cup chopped bittersweet chocolate

peanuts and chocolate chips to chopped prunes, crushed potato chips and even coffee grounds (trust us on that last one). The more unusual the combination, the better the results. But don't feel you have to stop there. Got any other crackers, chips, nuts or dried fruit handy? Toss them in and let these cookies truly earn their kitchen sink name.

1. Heat the oven to 350 F. Line a large baking sheet with kitchen parchment.

2. In a large bowl, use an electric mixer to beat together the butter, both sugars, baking soda, baking powder and salt until light and fluffy. Beat in the egg, egg yolk, vanilla and coffee grounds. Stir in the flour, then stir in the oats, prunes, potato chips, peanuts and chocolate.

3. Working in batches, scoop one tablespoon-sized balls of dough onto the prepared bak-

## Sweet-and-Salty Kitchen Sink Cookies



This recipe makes four and a half dozen cookies. MATTHEW MEAD, THE ASSOCIATED PRESS

ing sheet, leaving 2 inches between the cookies. Bake for 11 to 13 minutes, or until light golden brown. Allow the cook-

ies to cool for 5 minutes on the baking sheet before transferring to a rack to cool completely. Allow the baking sheet to

cool between batches. Store in an airtight container at room temperature.

THE ASSOCIATED PRESS

## Drink of the Week

### Bombay Butter Toddy

- 1 and 1/2 oz Bombay Sapphire
  - 1/2 oz Drambuie
  - 6 oz Mulled Apple Cider
  - 1 knob butter
- ### Mulled Apple Cider
- 2 L apple cider
  - 4 cinnamon sticks
  - 4 orange slices
  - 2 tbsp brown sugar
  - 1 tbsp nutmeg
  - 1 tbsp whole allspice
  - 1 tbsp whole cloves
  - 1/2 inch fresh ginger (cut into coins)

On medium heat, mull the apple cider for an hour. Stir occasionally. Add Bombay Sapphire, Drambuie and a knob of butter to mug. Pour in mulled cider. Garnish with cinnamon stick and apple slice. Use cinnamon stick to stir in butter as it melts into drink. TROY GILCHRIST/ BOMBAY SAPPHIRE



# Freeze-dried strawberries add blast of flavour

1. In bowl, use electric mixer to beat together the butter, sugar, vanilla, baking powder and salt. Add the egg yolks and beat to

combine. Stir in the flour until a dough just comes together. Stir in the strawberries and pistachios until evenly distributed.

## Ingredients

- 1 cup (2 sticks) unsalted butter, room temperature
- 1 cup sugar
- 2 tsp vanilla extract
- 1/2 tsp baking powder
- 1/4 tsp salt
- 2 egg yolks
- 2 cups all-purpose flour
- 1 cup crushed freeze-dried strawberries
- 1 cup chopped shelled pistachios
- Sanding (coarse decorating) sugar

2. Divide the dough in half. Using a sheet of waxed paper to help you work with the dough, shape each half into a log 1 1/2 inches around and 12 inches long. Wrap tightly and refrigerate for at least 3 hours.

3. When ready to bake, heat the oven to 375 F.

4. Place the sanding sugar in a dinner plate. Unwrap one of the logs and roll it in the sugar to coat the sides. Using a paring knife, slice the log into about 30

rounds. To prevent the log from losing its shape, turn the log a little with each slice. Working in batches, arrange the slices on a baking sheet, leaving 1 inch between them.

5. Bake for 15 to 17 minutes, or until golden brown around the edges. Transfer to a rack to cool completely. Repeat with the remaining log.

6. Store cookies in an airtight container at room temperature.

THE ASSOCIATED PRESS

## Strawberry Pistachio Icebox Cookies



This recipe makes five dozen cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

## New Homes Available !

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# Back away from the tech device and take it all in

## Books without beeps.

A professor pitches the idea of putting cellphones away in hopes of inspiring authentic interaction

VICKI  
SALEMI

Metro World News

Pick a campus, any campus. As you stroll around, chances are you'll notice fewer students without a tech device than with them: all the more reason for Andrew Reiner, an English professor at Towson University, to teach his course, *The Search for Intimacy in the Age of Facebook*.

"As I started teaching at the college level, I was getting a vibe there was a lot of disconnect. Whether it was walking to dining halls, libraries or when I'd walk into class — there were endless amounts of phone activity and Facebooking."

Reiner's overall purpose was to help students find



Does the thought of putting your phone down for five minutes send shivers down your spine? Try four hours. ISTOCK

authenticity and springboard into relationships with others. He wants his students to disengage online to re-engage offline. For instance, Reiner has given stu-

dents a tech-free assignment based on an essay from a book called *The Sabbath*. Reiner realizes that he can't deny students their technology, but he encourages them

to become independent from it, taking a four-hour break from social media as part of the class.

"It's really not that long, but to them it was a lifetime," he explains. "They had to do something by themselves that did not involve homework or being plugged in and write a guided reflection. Reflections that came back spoke to a kind of disconnect from themselves."

In another recent assignment, students sat alone in a crowded lunchroom. They weren't allowed to use smartphones, laptops, do schoolwork, use social media or text. "The need to be in touch breeds hyperconformity. You're like a pariah if you're not on Facebook for a day."

Describing it as a "very deliberate and conscious way" to defy technology, Reiner's goal is to teach students to be in control of technology and not the other way around.

"All it really requires is the willingness to impose some boundaries on the extent to which I get back to people and the speed at which I get back to [them]," he says. Reiner fears that not setting boundaries for technology may have dire implications for society. "I'm scared for our culture, for

## Status update slow-down

**"The need to be in touch breeds hyperconformity. You're like a pariah if you're not on Facebook for a day."**

Andrew Reiner  
English professor

the world that my 2-year-old is entering into," he says. In order to set boundaries and reconnect with life offline — in addition to regular four-hour "Sabbaths" — Reiner recommends writing monthly letters to tell someone something you have wanted to share for "a few days, months or even years."

And make it meaningful, he recommends: "Tell them something that deeply matters to you, whether it's resentment, hurt or gratitude. ... Frame the truth in an honest, respectful tone. [It's] about reconnecting with a deeper, personal authenticity and discovering that confrontation can be civil and productive without the stress."

## Students weigh in on letting go of technology

**Leonard Randall Chisolm, college sophomore:**

"Technology is great; it's a great way to stay in touch.

I think some people abuse it and at times I have abused it but there are some times you have to control yourself and say, 'Get me get back to the real world.' I'll go to the gym and leave my phone down for two or three hours and play basketball. I come back to my phone. I can be okay with it; there are one or two things you may miss but I don't think you're missing the whole world. Maybe you want to be the first person to see a funny video, see a funny picture or a game score but it's the internet so you'll always be able to find it somewhere."

**Grace Delmar, university sophomore:**

"I try not to use electronics like my phone when I am eating with friends, as I find it impolite and distracting from the present. However,

## TalentEgg asks...

**#QuestionoftheDay:**  
Is it a bad idea to be Facebook friends with a professional contact? Why (not)?



• **@nikkiwray:** @TalentEgg Depends on company culture. I have been FB friends with my boss + team. We shared fun content on FB @ work! #questionoftheday

• **@mp256:** @TalentEgg No. I prefer to segregate my personal and professional life #QuestionoftheDay

• **@EDSPowell:** @TalentEgg I am Facebook friends with my long-time associate @mikerice. It's never been a problem — he sent me a cat picture on my birthday.

• **@ThatPrince:** @TalentEgg It depends on the circumstances. A lot of community managers become Facebook friends with co-workers to grant admin privileges

• **@Recruit\_Campus:** @TalentEgg: #QuestionoftheDay! Usually yes, I'd recommend waiting until one of you leaves the company before connecting!

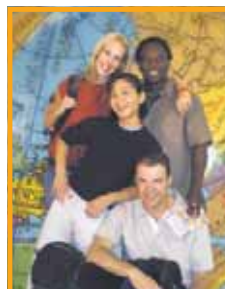
• **@Tomiibecca:** @TalentEgg depends on your role. For managers who have people reporting to them it's usually better to separate work/personal.

if I am eating alone, it is a much different story. If I were sitting alone at lunch, I would be very uncomfortable without technology. I wouldn't really know what to do or look at."

"I think that's part of the fear of going without technology, though I also think it has to do with worrying about how other perceive you. Though some are comfortable eating alone, I am not, as I feel people might be judging me or feeling sorry for me. Though I'm sure this is not the case, I know many people at many different colleges who feel the same. Having a phone or computer out can be a distraction from this feeling, or it can make us feel more connected with friends and people who aren't there. Perhaps as a little self-esteem boost and a sense of comfort that we're not alone."

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# Worldly work: the best excuse to say bon voyage



Landing a job in another country will make you work outside your comfort zone and push you to grow. ISTOCK

**Have ambition, will travel.** Four ways that working while travelling can boost your career

**TANIA DESA**  
TalentEgg.ca

You just sent in another job application.

But while you're trying to line up some much-needed work experience to put on your CV, you secretly dream of jumping on a train with a Euro rail pass and exploring the winding streets of Paris this summer.

Ready for some red-hot truth? You can have both.

The world is flat, haven't you heard? So get your running shoes on and explore the internship opportunities that exist all around the globe. To be sure, it isn't easy. Finding work abroad takes extra effort and some major motivation.

However, working abroad not only gives you the chance to live out the adventure of your dreams — you'll also gain international experience that will differentiate your résumé from the pile.

Still on the fence? Here are the top four ways international work experience could propel your career (and life):

## Learn to work with different cultures

Your résumé probably includes some generic skills or experien-

ces. For example, you might describe your retail experience as having taught you to be a "good team member" who "excels at communicating with diverse groups."

These are important skills, but they also sound generic.

Working abroad provides you with a learning experience that is both unique and substantial.

When you find yourself emerged in a new societal culture as well as a new corporate culture, you will double your learning.

You will have the opportunity to observe the unique chain of command, dynamics of team meetings and even lunchtime rituals. Your intercultural competence will grow if you are open to the experiences, observations and stories that unfold.

## Enhance your employability and résumé

Imagine witnessing how contracts are negotiated in India, how a product is launched in Germany or how the R&D process works in Japan.

By working abroad, you have the unique ability to learn how processes, procedures and business operate in different countries. You will witness and learn to appreciate the differences and similarities between the Canadian and foreign markets. Working abroad can enhance your communication skills, flexibility and adaptability. International assignments give you exposure to emerging or developed foreign markets in order to give you the leading edge in our increasingly global-

## Make a difference

Taking on a global internship gives you the opportunity to contribute your unique skill set to an organization or a community that needs it

- Perhaps you have a dream of giving back to a community in need or a city in crisis. Taking on a voluntary internship at an NGO, startup or government organization will not only enable you to give back but also equip you with valuable leadership and practical skills that will be stepping stones in your career.

ized world.

## Build global networks

Developing a solid community of contacts is an essential career-building step.

Working abroad will enable you to create new global contacts, explore new industries and learn about career avenues you may not even be aware of.

As you mingle with colleagues in the office and make friends outside of work, you will create relationships that can aid in building a truly global career. Learn people's stories and be genuinely curious.

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December 17:	11:00am – 8:00pm
December 18:	9:00am – 5:30pm

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Coyotes goalie Mike Smith makes a save as Derek Morris and the Oilers' David Perron battle for the puck at Rexall Place on Tuesday. JASON FRANSON/THE CANADIAN PRESS

# Desert Dogs have their day vs. Oilers

**NHL.** Phoenix rises above Edmonton to start road trip with fine offensive showing

Mike Ribeiro and Mikkel Boedker each had a goal and two assists as the Phoenix Coyotes started off a four-game trip on solid footing with a 6-2 victory over the Edmonton Oilers on Tuesday.

Radim Vrbata, Shane Doan, Keith Yandle and David Moss also scored for the Coyotes (16-7-4), who had lost four of their

On Tuesday

6

Coyotes

2

Oilers

previous five games.

David Perron scored a pair of goals for the Oilers (9-18-2) who dropped to 3-9-0 on home ice this season as they began a five-game stay in Rexall Place.

The Coyotes started the scoring three-and-a-half minutes in

on the power play as Boedker was left all alone in front to pick up a big rebound and wrist it past Oilers starter Devan Dubnyk. It was just Phoenix's second first-period goal in the last six games.

With the score tied at 1, the Oilers started the second period well, but suddenly found themselves behind 3-1 after goals just under a minute apart.

Ribeiro was able to pass through the crease to a wide-open Vrbata, who scored his ninth of the season.

Just 58 seconds later the Coyotes had a two-goal advantage as Ribeiro floated a shot from

the point that was deflected on the way to the net by Doan and completely fooled Dubnyk.

Edmonton got one of those goals back on the power play with just 52 seconds left in the middle period as Ales Hemsky made a nice pass from behind the net to Perron, who scored his second of the game with a quick shot off Smith's shoulder and into the net.

After the Coyotes regained their two-goal lead, they put the game out of reach midway through the third period with another pair of quick-strike goals just 42 seconds apart.

THE CANADIAN PRESS

## NHL. The Great One scores \$8M settlement



Wayne Gretzky at the Capitals-Canadiens game in Washington on Nov. 22. GREG FRIE/GETTY IMAGES

The NHL has reached a settlement with Wayne Gretzky to pay him money owed from his time with the Phoenix Coyotes, multiple sources with knowledge of the situation told The Canadian Press.

It was worth close to \$8 million US, according to one source, who spoke on condition of anonymity.

Gretzky was owed money from former Coyotes owner Jerry Moyes. He filed for bankruptcy in 2009, leading to the NHL's ownership of the team

until it was sold to a group led by Canadian businessmen this past summer.

Gretzky had served as coach and head of hockey operations before the Coyotes went bankrupt.

He made an appearance on the red carpet at last month's Hockey Hall of Fame induction ceremony at the insistence of Chris Chelios. Since then, he was seen at a Washington Capitals game sitting with owner Ted Leonsis.

But Gretzky hadn't been

officially involved with the NHL since the Coyotes situation.

"I'm always close to the game," Gretzky said last month at the Hall of Fame. "The game's always been good to me. The National Hockey League commissioner's office, they have always treated me with a great deal of respect and always been good to me. I've chosen at this point in time to take a step back and be a fan like everyone else and watch." THE CANADIAN PRESS

NHL

## Sharks stay hot north of the border

The San Jose Sharks won their sixth consecutive game and ninth in their past 10, outshooting the Leafs 41-30 on their way to a 4-2 win in Toronto.

It was the Leafs' fifth straight loss.

Former Leafs forward Mike Brown, Joe Thornton, Brad Stuart and Logan Couture scored for the Sharks. Mason Raymond and Phil Kessel scored for Toronto.

THE CANADIAN PRESS

Moneyball

## Beane wheelin' and dealin'

Billy Beane is busy dealing in December once again.

In one whirlwind stretch of less than 24 hours, the Oakland general manager pulled off a trio of trades with three different clubs and upgraded Oakland's bullpen in the process.

The A's acquired AL saves leader Jim Johnson, right-handed reliever Luke Gregerson and outfielder Craig Gentry in trades all since Monday night.

Oakland also is waiting on lefty Scott Kazmir's physical to finalize a \$22-million, two-year contract. THE ASSOCIATED PRESS

Skiing

## Vonn could return at Lake Louise

Lindsey Vonn has been cleared to begin World Cup downhill training.

The U.S. Ski Team team said that a decision on whether Vonn will return to competition at Lake Louise will be made after Thursday's training session. THE ASSOCIATED PRESS

CFL

## Als end wait, name Weightman team president

After leaving the president's office vacant for 18 months, the Montreal Alouettes opted to hire from within.

The club announced Tuesday that Mark Weightman, the former Chief Operating Officer, will be the new president and CEO. THE CANADIAN PRESS